

# Susana Pvoas

## List of Publications by Year in Descending Order

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The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

41  
papers

662  
citations

14  
h-index

24  
g-index

46  
ext. papers

853  
ext. citations

3.6  
avg, IF

3.9  
L-index

#	Paper	IF	Citations
41	Estimation of maximal oxygen uptake using the heart rate ratio method in male recreational football players.. <i>European Journal of Applied Physiology</i> , <b>2022</b> , 1	3.4	
40	Accuracy and reliability of the InBody 270 multi-frequency body composition analyser in 10-12-year-old children. <i>PLoS ONE</i> , <b>2021</b> , 16, e0247362	3.7	5
39	Effects of recreational team handball on bone health, postural balance and body composition in inactive postmenopausal women - A randomised controlled trial. <i>Bone</i> , <b>2021</b> , 145, 115847	4.7	4
38	Ecological and Construct Validity of a Repeated Sprint Test in Male Youth Soccer Players. <i>Journal of Strength and Conditioning Research</i> , <b>2021</b> , 35, 2000-2009	3.2	1
37	Cardiovascular fitness and health effects of various types of team sports for adult and elderly inactive individuals - a brief narrative review. <i>Progress in Cardiovascular Diseases</i> , <b>2020</b> , 63, 709-722	8.5	6
36	Estimation of maximal heart rate in recreational football: a field study. <i>European Journal of Applied Physiology</i> , <b>2020</b> , 120, 925-933	3.4	2
35	Considerations and best practices for elite football officials return to play after COVID-19 confinement. <i>Managing Sport and Leisure</i> , <b>2020</b> , 1-8	2.9	4
34	Sprint Endurance Abilities in Elite Female Soccer Players. <i>International Journal of Sports Physiology and Performance</i> , <b>2020</b> , 1-7	3.5	5
33	Effects of small-sided recreational team handball training on mechanical muscle function, body composition and bone mineralization in untrained young adults-A randomized controlled trial. <i>PLoS ONE</i> , <b>2020</b> , 15, e0241359	3.7	1
32	A Narrative Review of Motor Competence in Children and Adolescents: What We Know and What We Need to Find Out. <i>International Journal of Environmental Research and Public Health</i> , <b>2020</b> , 18,	4.6	20
31	Yo-Yo intermittent tests are a valid tool for aerobic fitness assessment in recreational football. <i>European Journal of Applied Physiology</i> , <b>2020</b> , 120, 137-147	3.4	6
30	Cardiovascular and metabolic health effects of team handball training in overweight women: Impact of prior experience. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2020</b> , 30, 281-294	4.6	7
29	Submaximal field testing validity for aerobic fitness assessment in recreational football. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2020</b> , 30, 680-689	4.6	6
28	Effects of a 16-week recreational team handball intervention on aerobic performance and cardiometabolic fitness markers in postmenopausal women: A randomized controlled trial. <i>Progress in Cardiovascular Diseases</i> , <b>2020</b> , 63, 800-806	8.5	4
27	Muscular fitness and cardiorespiratory fitness are associated with health-related quality of life: Results from labmed physical activity study. <i>Journal of Exercise Science and Fitness</i> , <b>2019</b> , 17, 55-61	3.1	35
26	Adiposity and attained height in adolescents: a longitudinal analysis from the LabMed Physical Activity Study. <i>Journal of Pediatric Endocrinology and Metabolism</i> , <b>2019</b> , 32, 1131-1137	1.6	1
25	Maximal heart rate assessment in recreational football players: A study involving a multiple testing approach. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2019</b> , 29, 1537-1545	4.6	12

24	Cardiovascular, muscular, and skeletal adaptations to recreational team handball training: a randomized controlled trial with young adult untrained men. <i>European Journal of Applied Physiology</i> , <b>2019</b> , 119, 561-573	3.4	11
23	Associations between physical fitness and adherence to the Mediterranean diet with health-related quality of life in adolescents: results from the LabMed Physical Activity Study. <i>European Journal of Public Health</i> , <b>2018</b> , 28, 631-635	2.1	37
22	Fitness and health benefits of team handball training for young untrained women-A cross-disciplinary RCT on physiological adaptations and motivational aspects. <i>Journal of Sport and Health Science</i> , <b>2018</b> , 7, 139-148	8.2	24
21	Fruit, vegetable consumption and blood pressure in healthy adolescents: A longitudinal analysis from the LabMed study. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2018</b> , 28, 1075-1080	4.5	8
20	Heart Rate and Perceived Experience Differ Markedly for Children in Same- versus Mixed-Gender Soccer Played as Small- and Large-Sided Games. <i>BioMed Research International</i> , <b>2018</b> , 2018, 7804642	3	3
19	Sex Differences in Aerobic Fitness in Top-Class Soccer Referees. <i>Journal of Strength and Conditioning Research</i> , <b>2018</b> , 32, 3216-3221	3.2	4
18	Reliability Characteristics and Applicability of a Repeated Sprint Ability Test in Young Male Soccer Players. <i>Journal of Strength and Conditioning Research</i> , <b>2018</b> , 32, 1538-1544	3.2	13
17	Effects of a Short-Term Recreational Team Handball-Based Programme on Physical Fitness and Cardiovascular and Metabolic Health of 33-55-Year-Old Men: A Pilot Study. <i>BioMed Research International</i> , <b>2018</b> , 2018, 4109796	3	13
16	Reliability of Submaximal Yo-Yo Tests in 9- to 16-Year-Old Untrained Schoolchildren. <i>Pediatric Exercise Science</i> , <b>2018</b> , 30, 537-545	2	3
15	Timing Effect on Training-Session Rating of Perceived Exertion in Top-Class Soccer Referees. <i>International Journal of Sports Physiology and Performance</i> , <b>2017</b> , 12, 1157-1162	3.5	10
14	Long-Sprint Abilities in Soccer: Ball Versus Running Drills. <i>International Journal of Sports Physiology and Performance</i> , <b>2017</b> , 12, 1256-1263	3.5	13
13	Physical and Physiological Demands of Recreational Team Handball for Adult Untrained Men. <i>BioMed Research International</i> , <b>2017</b> , 2017, 6204603	3	17
12	Flexibility is associated with motor competence in schoolchildren. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2017</b> , 27, 1806-1813	4.6	11
11	Evaluation of the Match External Load in Soccer: Methods Comparison. <i>International Journal of Sports Physiology and Performance</i> , <b>2017</b> , 12, 490-495	3.5	31
10	Association between serum adiponectin levels and muscular fitness in Portuguese adolescents: LabMed Physical Activity Study. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2016</b> , 26, 517-24	4.5	34
9	Effects of 6-month soccer and traditional physical activity programmes on body composition, cardiometabolic risk factors, inflammatory, oxidative stress markers and cardiorespiratory fitness in obese boys. <i>Journal of Sports Sciences</i> , <b>2016</b> , 34, 1822-9	3.6	29
8	Reliability and validity of Yo-Yo tests in 9- to 16-year-old football players and matched non-sports active schoolboys. <i>European Journal of Sport Science</i> , <b>2016</b> , 16, 755-63	3.9	22
7	Repeated Dribbling Ability in Young Soccer Players: Reproducibility and Variation by the Competitive Level. <i>Journal of Human Kinetics</i> , <b>2016</b> , 53, 155-166	2.6	5

6	Technical Actions, Heart Rate, and Locomotor Activity in 7v7 and 8v8 Games for Female Youth Soccer Players. <i>Journal of Strength and Conditioning Research</i> , <b>2016</b> , 30, 3298-3303	3.2	4
5	Reliability and Construct Validity of Yo-Yo Tests in Untrained and Soccer-Trained Schoolgirls Aged 9-16. <i>Pediatric Exercise Science</i> , <b>2016</b> , 28, 321-330	2	21
4	Vitamin D intake and cardiometabolic risk factors in adolescents. <i>Metabolic Syndrome and Related Disorders</i> , <b>2014</b> , 12, 171-7	2.6	4
3	Analysis of fatigue development during elite male handball matches. <i>Journal of Strength and Conditioning Research</i> , <b>2014</b> , 28, 2640-8	3.2	27
2	Physiological demands of elite team handball with special reference to playing position. <i>Journal of Strength and Conditioning Research</i> , <b>2014</b> , 28, 430-42	3.2	48
1	Physical and physiological demands of elite team handball. <i>Journal of Strength and Conditioning Research</i> , <b>2012</b> , 26, 3365-75	3.2	127